

Friday February 10 8:00PM ET - OFFICIAL WELCOME & SOCIAL
9:00PM ET - HOT TOPICS

Men's Mental Health

T1D Finances

Troubleshooting BG Management

Pregnancy, Birth & Postpartum

Diabetes & Other Autoimmune Diseases Exercise & Adventure

Saturday February 11

## 10:00AM ET - MORNING SESSIONS

How to Exercise with Type 1 Diabetes Diabetes Stigma in a Cultural Environment

Beyond clinical trials: How to leverage your story in diabetes research

Ginger Vieira

Presentation

Anita Sabidi

Presentation

Linxi Mytkolli Moderated Panel

12:00PM ET - MIDDAY SESSIONS

Using CGM to Optimize Glucose Levels

Sleep and T1D

What you need to know about the CPG for Mental Health and Diabetes

Gary Scheiner

Presentation

Becky Marval
Workshop

Jessica Kichler

Presentation

Saturday, February 11 (cont'd)

## 2:00PM ET - EARLY AFTERNOON SESSIONS

This is Terrible Advice

'Well, that could have gone better' - Experiences in healthcare settings Advanced Topics in Exercise and T1D: How to Reach your Athletic Goals

Allison Nimlos

Workshop

Ciara Stevens & Lisa deMolitor Workshop Dr. Anne Marie MacDonald

Workshop

### 4:00PM ET - LATE AFTERNOON SESSIONS

A Healthy Relationship With Food Habit Anchoring As a Tool for T1D Management Diabetes is a Door to a Good Life; Meditation is the Doorknob

Lauren Newman

Workshop

Lissie Poyner

Presentation

Sam Tullman Workshop

#### 6:00PM ET - EVENING SESSIONS

Body Image and Diabetes: Improving your Relationship to your Body

Food & AID

**Communities of Care** 

**Kelly Six** 

Workshop

Leah Groppo

Presentation

Charles Woodford
Workshop

Control IQ: Beginner and Advanced Conversations

**Tandem Diabetes** 

Presentation + Q&A

8:00PM ET - WRAP-UP + SOCIAL

# TOPIC STREAMS:

EXERCISE & ADVENTURE

FOOD & NUTRITION

TECH & INNOVATION

MENTAL HEALTH SPECIAL TOPIC